

# The Calendar for Fruits in Season in France



Eat in tune with the Earth's natural seasons and cycles. Fruits and vegetables in season are much more supportive of not only *your health*, but also the *health of the planet*. **When you buy fruits and vegetables that are NOT in season:**

- They have to be brought to you across long distances, if not from across the globe
- They are picked while still immature, to ensure that they don't spoil along the way. Not only does this affect the fresh taste and aroma of your fruits and vegetables, it causes vitamin degradation and nutrient loss.
- Vegetables picked and frozen while in season are actually higher in nutrients than the same ones that were transported off season, from abroad.
- Shipping fruits and vegetables over long distances has a huge impact on our planet: increased greenhouse gas emissions, atmosphere pollution, and depletion of the earth's limited energy resources!

English	French	J	F	M	A	M	J	J	A	S	O	N	D
Apples	Pommes												
Apricots	Abricots												
Avocado	Avocat												
Blackberries	Mûres												
Blackcurrants	Cassis												
Blueberries	Myrtilles												
Cantaloupes	Melon												
Cherries	Cerises												
Chestnuts	Châtaignes												
Figs	Figues												
Gooseberries	Groseilles												
Grapes	Raisins												
Guava	Goyave												
Kiwi	Kiwi												
Lemons	Citrons												
Limes	Citron Vert												
Mandarins	Clémentines												
Mango	Mangue												
Nectarines	Nectarines												
Oranges	Oranges												
Papaya	Papaye												
Passion Fruit	Fruit de la Passion												
Peaches	Pêches												
Pears (Autumn Winter)	Poires (Automne-Hiver)												
Pears (Summer)	Poires (été)												
Persimmons	Kakis												
Pineapple	Ananas												
Plums ( <i>Quetsche, Mirabelles, Reine Claude</i> )	Prunes												
Pomelo	Pomélo												
Quinces	Coings												
Raspberries	Framboises												
Rhubarb	Rhubarbe												
Strawberries	Fraises												
Walnuts	Noix												
Watermelon	Pastèque												